

**ROCKVILLE MONTGOMERY SWIM CLUB (RMSC)
ROCKVILLE SWIM AND FITNESS CENTER
355 MARTINS LANE
ROCKVILLE, MD 20850
(240) 314-8750**

The Rockville Montgomery Swim Club is a year-round United States Swimming, Inc. affiliated age-group and senior swim team. The team has been recognized by USA Swimming as an elite Gold Medal Team and as the #1 team in the USA Swimming Virtual Club Championships. RMSC is also an "Elite Founder Member" of the International Swimming Hall of Fame. The team competes in the Potomac Valley Swimming (PVS) Local Swimming Committee of United States Swimming. In 2012-2013 seasons, the RMSC team continued to prove that it is one of the best teams in the area by capturing wins at the US Swimming IMX Meet, Junior Olympic Championships, the Mini Championships, the Maryland State Long Course Championships.

All swimmers, ages 4 and above, regardless of present skill level are welcome at RMSC. The highest priority of the program is to provide an excellent opportunity for all the participants. Highly qualified, experienced coaches are on deck in charge of every lane of each practice group. The lowest swimmer-to-coach ratio is offered in the younger developmental groups, where each coach handles only a few lanes of swimmers. RMSC's reputation for excellence in developing swimmers of all skill levels speaks for itself. In fact, most of the members of the elite National Training Group have progressed all the way through the RMSC age-group and senior level programs. While other teams have come and gone, RMSC has consistently maintained its status as one of the top teams US over the past 40 years.

RMSC graduates are spread throughout the nation representing many NCAA teams. More than 400 of our swimmers have received full or partial scholarships. RMSC is proud of our fine scholar-athletes. RMSC is also well represented in the summer league competition each season. In 2012, for example, RMSC swimmers won 39 out of the 46 individual events in the MCSL Long Course Invitational. Our swimmers form the backbone of many of the most successful summer clubs in the MCSL, CCSDA, and PMSL.

This flyer is designed as an introduction and guide to the RMSC Swim Team at its Rockville practice site. It answers the questions most frequently asked by new members of the team. If after reading this you have any questions or individual concerns, please contact Dave Greene at the Swim Center - (240) 314-8755.

Most beginning winter swimmers join the team between the ages of 5 and 12. At the novice level the emphasis during workouts is placed upon providing the individual and group with the instruction necessary to develop swimmers with strong swimming skills and competitive attitudes. Workouts are geared toward improving stroke mechanics; teaching new strokes, starts, and turns; and building strength, endurance, and mental discipline. With all swimmers, the staff makes a special effort to keep the pressure at a relatively low level in the hope that all swimmers will ENJOY their experience at RMSC.

At the advanced level, the emphasis becomes more directed toward perfection of stroke mechanics and vigorous conditioning, with the goal of qualifying for the Potomac Valley Senior Championships, the Junior National Championships, the USA Swimming National Championships, and ultimately Olympic Trials and the Olympic Games. For those older swimmers who have not chosen swimming as their single sport, or for those whose goals are less lofty, we provide the opportunity to participate in a quality program with a lesser commitment.

The swim team at Rockville Swim and Fitness Center is a program offered by the City of Rockville Department of Recreation and Parks. For the purpose of competing in the local association of USA Swimming, that is "Potomac Valley Swimming," the Rockville team is combined with the Montgomery Swim Club, sponsored by the Montgomery County Recreation Department. This merger allows each program to operate independently, but compete jointly to the mutual benefit of the participants in each program. The Rockville-Montgomery Swim Club combines the talent and resources of both programs to be an effective participant in United States Swimming at the local, regional, and national levels.

GENERAL INFORMATION

COACHES - the major factor in RMSC's consistent excellence over the years has been the stability and quality of the coaching staff. Senior coach **JIM WILLIAMS** (American Swimming Coaches Association – ASCA - Certified Level 5) has been with the team since its beginning in 1968, and is one of the most experienced active coaches in the Washington area. Jim, who is a former teacher, has received many commendations and twice been nominated for ASCA "Coach of the Year." **DAVE GREENE** (ASCA Level 4) is the Head Coach of the Rockville site. Dave is the 2008 Potomac Valley Age Group "Coach of the Year", and two-time Montgomery County High School "Coach of the Year." For the last 8 years, Dave has been the Potomac Valley Eastern Zone Team Manager. Dave returns for his 32nd year at Rockville and was recently inducted into the MCSL Hall of Fame. Dave works predominately with our age group program and oversees all of the program's operations. **JERI KICHOUKOVA** (ASCA Level 3) is in her 17th year at Rockville after several years at the RMSC-Germantown site. Jeri swam collegiate for Clemson. She coached Country Glen and Quince Orchard in the MCSL and was the Quince Orchard High School Head Coach. Jeri will be working mostly with our 12 & under swimmers. **KELLY VELASQUEZ** (ASCA Level 2) returns for her 12th season of working with our younger swimmers. Kelly swam for RMSC at the MLK Swim Center and at the collegiate level for Bucknell University, and has over 16 years of coaching experience in the RMSC program. **SARAH MCGEE** will begin her 7th season with us, working with the groups and younger swimmers. **CHELSEA YEATMAN** will begin her 7th season with RMSC. Chelsea was a former coach of the Knights of Columbus, Prince/Mont Summer League team and teaches lessons at the Swim Center. Chelsea will be the head coach of the Senior and Senior Developmental groups as well as coaching 12 and Under swimmers. **HANK MILLER** will begin his 7th season. Hank is the head coach of the ISS Group and also will coach the Junior II group. During the summer, Hank is the assistant coach with Woodley Gardens in the MCSL. **REBECCA BROFFT** will begin her third year this fall.. She is a four-time Potomac Valley Zone Team Coaching Staff member and has four years of USS coaching experience. Becca will be coaching with our National Training Group. **TOM SWEET** will also be in his third year this fall. Tom has been coaching at the Montgomery Aquatic Center site for four years after doing his club swimming here at Rockville. Tom will be coaching our Advanced Senior Group. **ALLISON BIENECKE**, **HENRI MOREL** and **AMANDA ORNITZ** will be coaching in all of the 12&U practice groups as they spend their third year with us. **STEVEN MERCER**, and **AMY MAIO**, will begin their first full season with the team. They will be coaching our Junior Groups.

CLUB OPERATION - Except for the paid coaching staff, the team is run by volunteers. Members (swimmers and parents) are expected to participate in the organization and functioning of the team; help raise funds necessary to operate the team; provide officiating and management for swim meets; and participate in organizing "special" team functions. Membership dues provide only a portion of the team's budget. The RMSC Parents' Club, Inc. provides the organizational apparatus for this needed team support.

POOLS - the team conducts workouts in two fine indoor pools:

RMSC South - the older of the indoor pools at Rockville (25 yards)

RMSC North - the newer of the indoor pools at Rockville (25 meters)

RMSC team members are also permitted to attend some practice sessions at the MLK Swim Center in Silver Spring, the Montgomery Aquatic Center in Bethesda, the Olney Swim Center and the Germantown Indoor Swim Center. All of these programs are run by the Montgomery County Recreation Department and are part of the RMSC team.

WORKOUTS - At all junior and/or novice level workouts two to three coaches will be on deck. One or two coaches usually handle Senior/advanced level workouts. Generally each practice group will be divided among the coaches on deck. In this way small groups are created within the larger practice group, and the necessary individual attention is offered to each swimmer.

Each practice group has attendance recommendations set by the coaches. It should be stressed that these recommendations are generally minimums. In general, the more practices per week a swimmer attends, the more improvement the swimmer will attain. Obviously, there will be some weeks during the season when the recommendations cannot be made due to sickness, school, or family conflicts. This is not a problem, as long as the coaches are kept informed.

PROMPT, ON TIME, and regular attendance of workout sessions by all swimmers is critically important to the smooth operation of each practice group, and will benefit all group members. It is the responsibility of each swimmer to keep the carpool drivers organized in order to arrive ON TIME.

STRENGTH PROGRAMS - All 13-Over swimmers are urged to take advantage of RMSC's strength program, conducted on site by the coaching staff. The program is offered at no additional cost to team members. The strength program is designed to increase strength in all muscle groups and to help in injury prevention. The program is not designed to increase bulk, as this would be counterproductive to swimming.

WATCHING OF WORKOUTS - Parents are encouraged to come and watch their children during workouts...on Mondays only. Workouts are closed to parents on other days in order to remove unnecessary pressures on the swimmers. Special arrangements to watch practice can be made by talking to a coach ahead of time.

PVS REGISTRATION - all swimmers and coaches at RMSC **must** register with Potomac Valley Swimming. This registration entitles the swimmer to an excellent insurance policy and the right to enter meets during the year.

TRANSFERS – Swimmers transferring to RMSC from another USS club may pick up the necessary materials and forms from Dave at the Swim Center.

SWIM MEETS - Potomac Valley Swimming organizes and conducts a full schedule of swim meets during the season at area pools, including RMSC. Many RMSC parents are actively involved in managing this meet schedule.

Swim meets are classified into "OPEN", "AGE GROUP", "MINI", and "SENIOR" categories. Generally there is one meet of each category conducted during each month throughout the season. In each one of the swimmer's different events, he/she is classified according to speed in one of these categories.

The youngest official age-group in United States Swimming is 10 & under. PVS conducts "Mini-Meets" however, which are classified into 8, 7, and 6 & under age-groups. For our 8 and under swimmers, RMSC organizes several intra-squad meets amongst all 5 of the RMSC practice sites, in order to increase team interaction as well as ease the travel burden to meet sites by keeping meets local. In addition to regular classified meets, PVS hosts special meets (relays, odd-age, etc.) in which RMSC swimmers participate. Meets are generally held on Saturdays and Sundays with a few exceptions.

As a rule of thumb each RMSC swimmer is asked to plan his/her meet participation so that they swim a minimum of one and a maximum of two meets per month. Meets are a very important part of each swimmer's learning process, as they provide a concrete measure of a swimmer's progress. However, too many meets in too short a time wear out one's ability to prepare for a top performance. When registering swimmers for a meet, swimmers and parents should ensure that their participation in that meet is supported by RMSC, by checking with the coaches. In addition to PVS competition, RMSC swims in dual meet competition from time to time against local and out-of-town clubs. The team also conducts a regular series of time trials and intra-squad meets during the season.

TRANSPORTATION AND CARPOOLS - it is the responsibility of each swimmer to provide his/her own transportation to and from practice sessions and local meets. All families are strongly encouraged to form carpools with other families in their neighborhood.

NEWSLETTERS - In order to keep all families up-to-date on swim meets and all team functions, the coaches publish a weekly electronic newsletter called "The Chips." This publication contains invaluable information for all swimmers and parents at RMSC. The Chips contains time sensitive information on the week's upcoming events and a quick review of the past week. The Chips is emailed to all families on Wednesday afternoons.

SUMMER LEAGUE SWIMMING - the majority of our swimmers began their careers in the MCSL, PMSL, and CCSDA leagues. We encourage our swimmers to continue to represent their summer clubs each year while attending summer long course workouts at RMSC.

TRAVELING SENIOR TEAM - each year our National Team travels to Regional and National level meets. Swimmers who qualify to make the trip(s) to the USA Swimming National Championships, US Open Swimming Championships, and Junior National Championships are supported by the team to the greatest extent possible in the form of partial or full reimbursement for travel and room expenses. The National Team also receives team suits, uniforms, and equipment through an arrangement with our sponsor.

BASIC COSTS

FEES - Realizing that for many families, fee-levels are an important part of the decision on team selection, RMSC program fees including basic costs and miscellaneous costs are as follows:

Registration fee: This registration fee covers each swimmer's registration with Potomac Valley Swimming, all entry fees for the season (September – March), as well as some other incidental expenses. Each returning swimmer must fill out the attached registration form and pay the registration fee before the beginning of the regular practice schedule on August 28, 2013. Swimmers who are new to the RMSC-Rockville program must pay their registration fees by September 6, 2013.

Checks for registration fees must be made payable to: **RMSC Parents' Club, Inc.**

| | |
|---|----------|
| National Training, Advanced Senior, and Select Junior | \$335.00 |
| Senior, Senior Developmental, Junior I and Junior II | \$245.00 |
| Instructional Stroke School Group | \$190.00 |
| High School Training Program | \$75.00 |

Program Fees: Program fees are based on a swimmer's practice group and their membership status at the Rockville Municipal Swim Center. Winter and Annual passholders receive a 25% discount on program fees. These fees are payable either in full or on an installment plan. Those families who choose to take advantage of the installment plan must guarantee their payment with a valid credit card. Credit cards will be billed on the scheduled installment date. Each returning swimmer must fill out the attached registration form and pay the registration fee according to the schedule below before the beginning of the regular practice schedule on August 28, 2013. Swimmers who are new to the RMSC-Rockville program must pay their registration fees by September 6, 2013. Checks for program fees should be made payable to: **City of Rockville**.

| | <u>Passholder</u> | <u>Non-Passholder</u> |
|-----------------------------------|--------------------------|------------------------------|
| National Training Group | \$795 | \$1,060 |
| Advanced Senior and Junior Select | \$690 | \$915 |
| Senior and Senior Developmental | \$565 | \$750 |
| Junior I and Junior II | \$565 | \$750 |
| Instructional Stroke School | \$475 | \$635 |
| High School Training Program | \$240 | \$325 |

Miscellaneous Costs

Swim Meet Entries: Meet entry fees will no longer be the responsibility of each swimmer/family. All meet entry fees (individual and relay) will be paid by the RMSC Parents' Club.

Equipment: Various training equipment is required according to the swimmer's level. 8 & Under swimmers need only a suit, swim cap, goggles, a kickboard and swim fins. Advanced swimmers are required to purchase some other workout aids. All equipment is available at a special team discount rate through Aardvark Swim and Sport in Wintergreen Plaza. Some of the merchandise is also available at the front desk of the Swim and Fitness Center.

DEBBIE MERMELSTEIN MEMORIAL FUND - this fund has been established to promote junior level swimming at RMSC and is administered by the RMSC Parents' Club. Scholarship assistance for the cost of swim team participation is offered to those in need and will benefit children who could not otherwise afford to participate in the program. Individuals interested in taking advantage of this fund should contact Mark Eldridge at the Swim Center.

JAMIE MARTENS SENIOR SCHOLARSHIP FUND - In unanimous consent, the RMSC Parents' Club Board of Directors has established a scholarship fund for senior swimmers as well. It once again is available to any RMSC swimmers who might otherwise be unable to afford to participate in the RMSC program. Individuals interested in taking advantage of this fund should contact Mark Eldridge at the Swim Center.

2013 - 2014 RMSC WINTER PRACTICE SCHEDULES

Rookies – Evaluation and Placement: A “Rookie” is any swimmer who did not participate in the majority of the 2012-2013 winter RMSC program. In order for these swimmers to have the opportunity to meet with Dave Greene, Head Swim Coach, be evaluated and assigned a practice group, the following opportunities have been created:

Monday, 8/26 & Tuesday, 8/27 from 6:00–7:00 pm in the South Indoor Pool

In addition to the above, swimmers can contact Dave Greene at 240-314-8755 to arrange an individual evaluation and placement.

VETERANS RETURN TO PRACTICE WEDNESDAY, AUGUST 28: All veteran RMSC swimmers should report to practice according to the regular schedule. If you are unsure of your placement for the winter season, please contact Dave Greene at 240-314-8755.

PRACTICE SCHEDULES

INSTRUCTIONAL STROKE SCHOOL (ISS) - This group will consist of all 8 and Under swimmers in the RMSC program. Some advanced 8 & Unders may be asked to split their time with another group. Emphasis will be on competitive stroke mechanics, turns, starts, swim meet orientation, AND ON HAVING A FUN YEAR!! Swimmers should practice a minimum of 2-3 times per week. . In order to join this group, swimmers must be able to complete 25 yards of freestyle without stopping, demonstrating correct breathing techniques (e.g., to the side), as well as 25 yards of backstroke without stopping.

PRACTICE TIMES:

| | | |
|--------------------|----------------|------------|
| MONDAY & THURSDAY: | 6:30 - 7:30 pm | South Pool |
| WEDNESDAY: | 6:45 - 7:45 pm | South Pool |
| SUNDAY: | 8:30 - 9:30 am | South Pool |

JUNIOR II - This group will consist of primarily swimmers 9 to 12 years of age. There may be some 13-14 year old swimmers who are not quite ready to train with a senior level group. The emphasis will be on proper stroke patterns and to prepare these swimmers to be able to compete in a B/C level swim meet. Coaches recommend 3 or more practices per week.

PRACTICE TIMES:

| | | |
|---------------------|-----------------|------------|
| MONDAY: | 5:30 – 6:30 pm | South Pool |
| TUESDAY & THURSDAY: | 4:45 – 6:00 am* | South Pool |
| TUESDAY: | 6:30 – 7:30 pm | South Pool |
| THURSDAY: | 5:30 – 6:30 pm | South Pool |
| FRIDAY: | 7:00 – 8:00 pm | South Pool |
| SATURDAY: | 7:30 – 9:00 am | North Pool |

When choosing your schedule, swimmers will be asked to pick either Tuesday or Thursday afternoon, but not both please.

* Please note that these practices begin in the morning before school

JUNIOR I - This group will consist of swimmers 9 to 12 years of age and is by invitation only. This group will be chosen based on meet performance, practice performance, training habits, etc. Emphasis will be on stroke mechanics, conditioning, and preparation for upper level swimming in the RMSC program. Swim meets will be required. Coaches require 4 or more practices per week.

PRACTICE TIMES:

| | | |
|---------------------|-----------------|------------|
| MONDAY: | 4:45 - 6:15 am* | South Pool |
| TUESDAY: | 5:30 – 6:30 pm | South Pool |
| WEDNESDAY: | 5:30 – 6:45 pm | South Pool |
| TUESDAY & THURSDAY: | 4:45 – 6:00 am* | North Pool |
| FRIDAY: | 5:00 – 7:00 pm | South Pool |
| SATURDAY: | 7:30 - 9:00 am | North Pool |

* Please note that these practices begin in the morning before school

SELECT JUNIOR – This group is for dedicated swimmers with the goal of becoming nationally qualified and is by invitation only. The emphasis will be on refining stroke mechanics and preparing for the rigors of more intense training. Swimmers are required to attend 6 to 7 practices per week.

PRACTICE TIMES:

| | | |
|---------------------|-----------------|------------|
| MONDAY: | 4:45 - 6:15 am* | South Pool |
| TUESDAY: | 4:30 - 6:00 pm | South Pool |
| WEDNESDAY: | 5:30 – 6:45 pm | South Pool |
| THURSDAY: | 4:30 – 6:00 pm | North Pool |
| TUESDAY & THURSDAY: | 4:45 – 6:00 am* | North Pool |
| FRIDAY: | 5:00 – 7:00 pm | South Pool |
| SUNDAY: | 6:00 - 8:00 am | North Pool |

* Please note that these practices begin in the morning before school

SENIOR DEVELOPMENTAL - This group will focus on the development of proper stroke mechanics, fitness, and introduction into competitive swimming. The senior coaches will determine which swimmers will be participating in this group. Swimmers in this group will be permitted to attend Senior Group practices with permission of their coach.

PRACTICE TIMES:

| | | |
|------------|----------------|------------|
| MONDAY: | 7:30 – 9:00 pm | South Pool |
| WEDNESDAY: | 7:30 – 8:30 pm | South Pool |
| FRIDAY: | 8:00 – 9:00 pm | South Pool |

HIGH SCHOOL TRAINING PROGRAM – This group will cater to those athletes who are participating in their high school swim team program and are looking for a little more practice time. The group will practice along with the Senior Developmental Group during the high school season. The program will run from November 1 through February 24.

PRACTICE TIMES:

| | | |
|------------|----------------|------------|
| MONDAY: | 7:30 – 9:00 pm | South Pool |
| WEDNESDAY: | 7:30 – 8:30 pm | South Pool |
| FRIDAY: | 8:00 – 9:00 pm | South Pool |

SENIOR - this group is for 13 to 18-year-olds who have the desire to swim in a senior level group. Swimmers are introduced to all aspects of competitive swimming. This group provides a strong base in stroke mechanics, with aerobic and anaerobic conditioning and strength training appropriate to the individual swimmer's goals and capabilities. Swimmers in this group will be expected to participate in meets throughout the season. Coaches recommend 3 or more practices per week.

PRACTICE TIMES:

| | | |
|--------------------|------------------|------------|
| MONDAY: | 7:30 – 9:00 pm | South Pool |
| TUESDAY & THURSDAY | 4:45 – 6:00 am * | North Pool |
| WEDNESDAY | 3:30 – 5:00 pm | North Pool |
| FRIDAY | 3:30 – 5:00 pm | North Pool |

* Please note that these practices begin in the morning before school.

ADVANCED SENIOR - This group will be for swimmers 13 to 18 who have the desire and ability necessary to advance themselves to the National Training Group in the RMSC program. This group will provide the swimmers a transition from elite level Junior swimming to our National Training Group. Coaches will provide a strong emphasis on proper stroke mechanics and conditioning in preparing swimmers to advance to and succeed in the senior levels of Potomac Valley. Coaches will recommend a minimum of 5 practices per week.

PRACTICE TIMES:

| | | |
|------------|----------------|------------|
| MONDAY: | 3:30 – 5:00 pm | North Pool |
| TUESDAY: | 4:30 – 6:00 pm | North Pool |
| WEDNESDAY: | 3:30 – 5:00 pm | North Pool |
| THURSDAY: | 4:30 – 6:30 pm | North Pool |
| FRIDAY: | 3:30 – 5:00 pm | North Pool |
| SUNDAY: | 6:00 - 8:00 am | South Pool |

NATIONAL TRAINING GROUP - RMSC's top senior swimmers will train in this group. Swimmers will train towards reaching the upper levels of senior swimming in Potomac Valley and United States Swimming. Strict performance standards are a prerequisite for the group, which will concentrate on developing good workout habits and stroke mechanics while training at a higher level. Swimmers are expected to attend all practices each week.

PRACTICE TIMES:

| | | |
|------------------------|-----------------|------------|
| MON, TUES, WED, THURS: | 3:15 - 5:30 pm | South Pool |
| TUESDAY & FRIDAY: | 4:45 - 6:15 am* | South Pool |
| FRIDAY: | 3:15 - 5:00 pm | South Pool |
| SATURDAY: | 5:30 - 8:00 am | South Pool |

* Please note that these practices begin in the morning before school.

RMSC SWIM TEAM REGISTRATION FORM

Please make checks for registration fees payable to RMSC Parents' Club, Inc.

PARENTS' NAMES _____
Last First MI.

Last First MI.

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Home Ph _____ Parent's Work # _____ Parent's Work # _____

Email (very important): _____

Please send an email message to Dave Greene at dgreene@rockvillemd.gov to ensure that we have your correct email address

SWIMMERS:

LAST FIRST MI. M / F DOB _____ GROUP _____

LAST FIRST MI. M / F DOB _____ GROUP _____

LAST FIRST MI. M / F DOB _____ GROUP _____

LAST FIRST MI. M / F DOB _____ GROUP _____

Release, Waiver, Assumption of Risk and Consent

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program.

Signature of
Participant/Guardian _____